



Life Stew



mycoco

INGREDIENTS

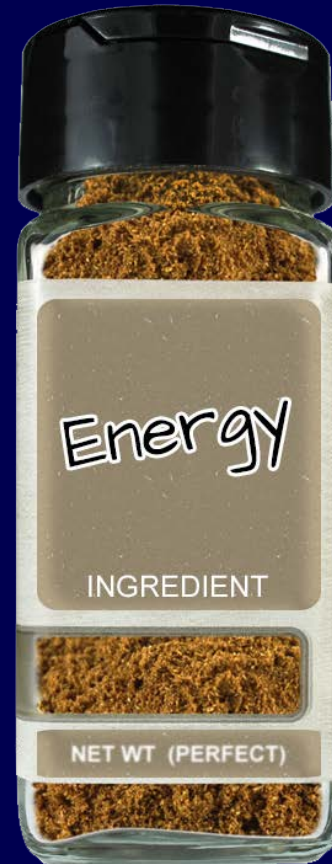
1. Goal Setting
2. Taking Action
3. Gratitude



Gratitude
TURNS WHAT
WE HAVE INTO
enough

Matthew 6

Energy

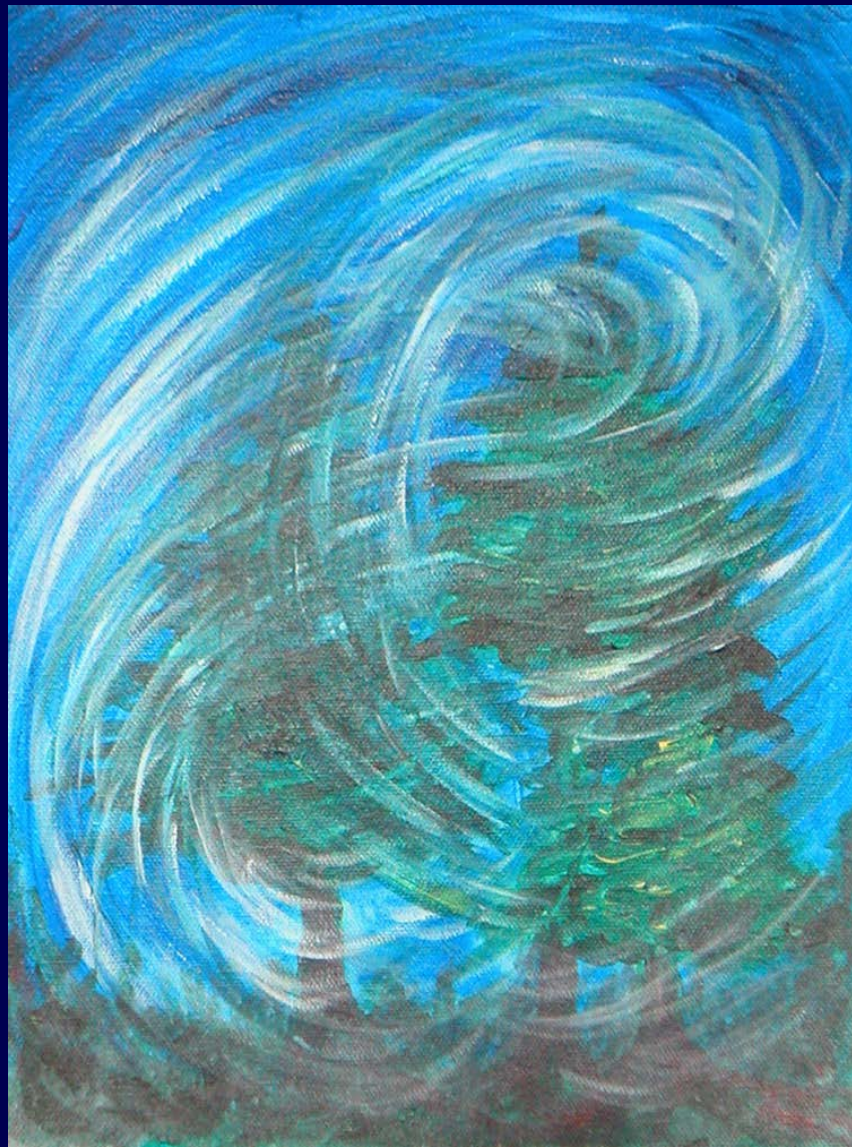


Energy

1. Physical
2. Spiritual

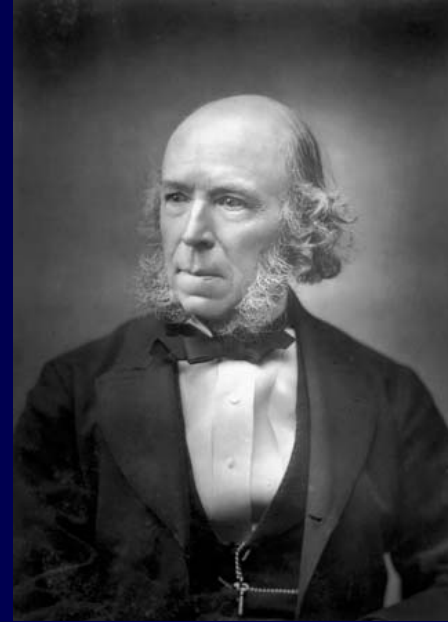
Physical Energy

The capacity to do
work – moving against
a force.





Herbert
Spencer
1820



5 Principles
Time, Force, Energy,
Space, Matter

God

Circa 8000 B.C.

Genesis 1:1



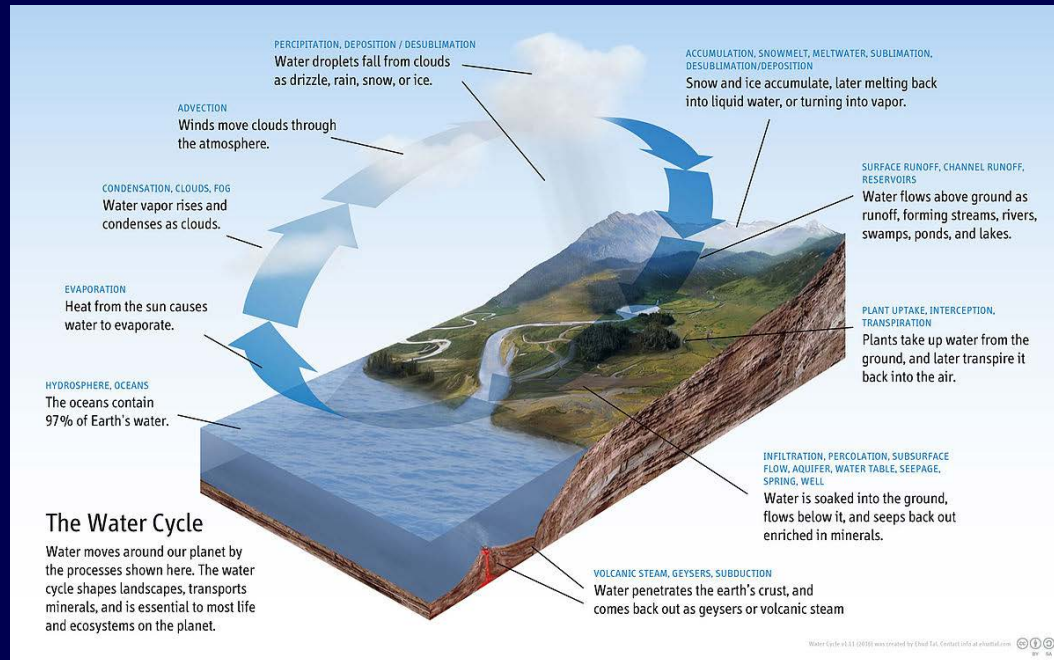
“In the beginning God
created the heavens and
the earth.”

“In the
beginning = Time
God = Force
created = Energy
the heavens = Space
and the earth.” = Matter

In The Beginning...



James 1:17
Conservation of energy.



Water Cycle

Job 12: 7-10

Human and animal life reflect
God's creative energy

Psalms 19: 1-4

The skies point to God's glory

Romans 1:20

Creation was God's first
missionary

Spiritual Energy



The most
important
Matt. 22: 35-40

*The capacity to
love God and
love others as
ourselves.*

1 John 4: 7-8

The essence of our being that was
created in the image of God.

Colossians 1: 27-29

Energy for the whole world

Ephesians 1: 18-19

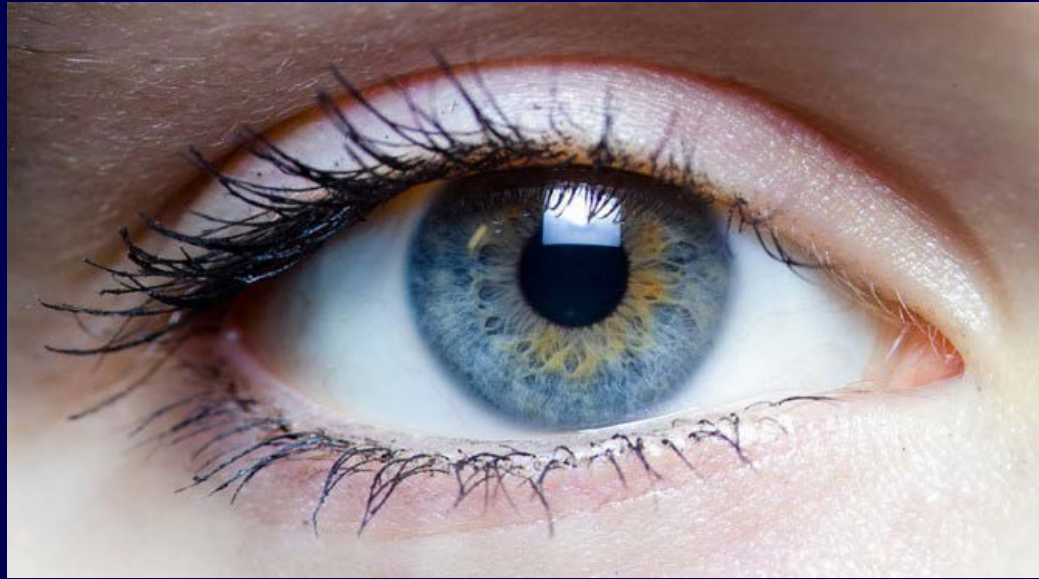
Our energy source from God



Ephesians 6: 10-12

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.







Matthew 6:22-23

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!”

Spiritual Energy

Forces of Darkness

Forces of Light

Spiritual Energy

Forces of Darkness

- Destructive
- Draining
- Laws to Limit
- Punishment

Spiritual Energy

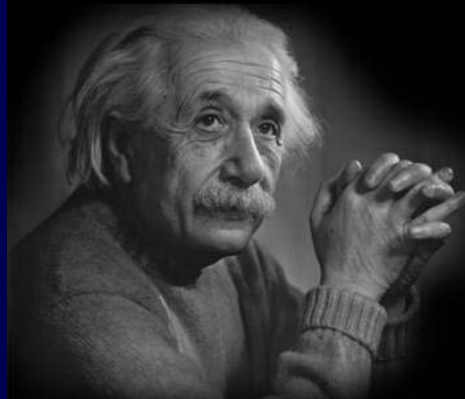
Forces of Light

- No laws, no limits
- Reigns supreme
- Image of God reflected
- More is created



So why am I so
tired all the time?

**We can't solve
problems by using the
same kind of thinking
we used when we
created them.**



Albert Einstein

German Theoretical-Physicist

(1879-1955)

QuoteHD.com

Colossians 3:2

*Set your mind on
the things above,
not on the things
that are on earth.*

*Our spiritual
energy fuels our
physical energy.*

A Little Test

| FIT | STRESSED |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Engaged in life's meaning/purpose ➤ Hopeful about life/future ➤ Makes sound moral decisions ➤ Fully engaged with family, friends, and community ➤ Able to forgive self and others ➤ Respectful of others ➤ Engaged in core values/beliefs | <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Neglecting life's meaning/purpose ➤ Less hopeful about life/future ➤ Makes some poor moral decisions ➤ Somewhat engaged with family, friends, and community ➤ Difficulty forgiving self or others ➤ Less respectful of others ➤ Straying from core values/beliefs |

| DEPLETED | DRAINED |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Losing a sense of life's meaning/purpose ➤ Holds very little hope about life/future ➤ Makes poor moral decisions routinely ➤ Weakly engaged with family, friends, and community ➤ Not likely to forgive self or others ➤ Strong disrespect for others ➤ Disregards core values/beliefs | <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Feels like life has no meaning/purpose ➤ Holds no hope about life/future ➤ Engaged in extreme immoral behavior ➤ Not engaged with family, friends or community ➤ Forgiveness is not an option ➤ Complete disrespect for others ➤ Abandoned core values/beliefs |

Bring it home.

- God created the universe exactly how science would later describe it
- God had another form of energy before creation-spiritual energy
- Solve our energy crisis we need to think on a higher level



Energy Vampires

- Overcommitting
- Too much talk
- Arguments
- Wrong Company
- Love of earthly things
- Ungodly pursuits
- Self Loathing

Spiritual Power-ups

Our To-Done List This Week

- Find a daily place of calm
- Seek encouragement weekly
- Get moving - ACTION
- Negatives to Positives
- Focus on the Good
- Make time for sleep and rest

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

Next Week:

